



# Basic Life Support for Allied and Community Healthcare Rescuers

## GOVERNANCE DOCUMENT

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## BACKGROUND

This document is intended to outline the standards and principles required for the delivery of the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers resuscitation program.

The vision of RESUS4KIDS is: To provide a standardised, evidence based life support program for local trainers to deliver to local participants, at no cost to the participants, so that all healthcare professionals have the confidence, skills and knowledge to respond to a collapsed patient.

RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers is a blended learning program comprising of e-Learning modules and a short practical course taught using scenario based teaching in a pause and discuss format. The practical course is taught at a ratio of 1 instructor to 6 participants.

RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers is designed to be used as a single or annual life support course for allied and community healthcare workers, following the guidelines of the Australian Resuscitation Council (ARC). The program is free to participants and requires minimal release time of 90 minutes to attend the practical session. The e-Learning has been designed to allow participants to complete the modules both at work and home. Participants are able to complete the e-Learning in stages.

The practical course comprises of two sections. The first 30 minutes of the program teaches teamwork, leadership and communication as research shows that a number of adverse events that occur in hospitals around Australia each year result from a breakdown in these elements. The remaining 60 minutes runs through 3 clinical scenarios exploring a child/adult and infant arrest as well as the management of a choking child. Participants come to the practical session with the required knowledge as they have completed the e-Learning. This allows for a shorter face to face time. By using a blended learning approach the program is more accessible – it is shorter, and has fewer burdens on instructor time.

### E-learning

For NSW Health staff the e-Learning is available via HETI Online. For Non NSW sites who wish to access the program agreements can be made to provide the organisation with the e-Learning files.

On completion of the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers e-Learning component the learner will be able to:

- Respond to an emergency using the seven steps in the DRSABCD Basic Life Support model.
- Understand the techniques required to provide effective rescue breaths and cardiac compressions.
- Understand when to use the recovery position and the best way to move a patient into the recovery position.

- Respond to a choking child.

On completion of the e-Learning participants complete a post course test. The pass mark for the Multiple Choice Questions (MCQ) is 13/15. In order to attend the RESUS4KIDS Short Practical Course participants must successfully complete the post course test and bring a copy of their certificate to the practical session.

## Short Practical Course

Following completion of the e-learning allied and community healthcare workers should participate in a 90 minute scenario based education session designed to complement the on-line self-directed learning.

The short practical course is comprised of two parts:

- 30 minutes on communication and teamwork.
- 60 minutes of small group work using a pause and discuss format, working through scripted scenarios that the allied healthcare professional may face in their workplace environment.

By the end of the 90 minute practical course participants will be able to:

- Explain why good **TEAMWORK AND COMMUNICATION** are essential for optimal outcomes in resuscitation (use names, allocate and accept roles).
- Manage an infant and child/adults **AIRWAY** (open and maintain it open).
- Perform effective **BREATHING** (slow breaths with chest rise).
- Demonstrate effective minimal interruption cardiac **COMPRESSIONS** (push hard, push fast, allow full chest recoil).

The short practical course is not a 'pass/fail' course; participants receive a certificate of attendance.

Instructors do provide continual assessment and feedback as each participant completes each of the different clinical skills throughout the course.

## Train the Trainer

In order to ensure the sustainability of the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers program local educator in each healthcare facility that has implemented the program have been trained to deliver the practical component of the program. A 2 hour train the trainer workshop has been designed to provide new RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers instructors with the information and resources required to teach the scenario based education. These workshops are targeted towards practitioners who display a keen interest in delivering resuscitation education in a multidisciplinary training environment.

Potential trainers MUST be recommended by their organisation/ LHD facility. By allowing staff to attend the train the trainer workshop the healthcare facility is acknowledging that the individual has the ability to teach the RESUS4KIDS program and will be supported by the facility to deliver the practical components of the program.

Potential trainers must attend or have attended a practical course run by a Super trainer or attend an update session run by a super trainer.

In recommending potential instructors and Super Trainers managers must ensure that recommended trainers are able to deliver resuscitation training to an interdisciplinary workforce and have the skills to provide facilitated small group discussion and clinical skills acquisition.

In order to remain as a RESUS4KIDS Instructor, instructors must teach at least 2 RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers Practical Courses within a 12 month period.

### **Existing RESUS4KIDS – Paediatric Life Support for Healthcare Rescuers**

Active RESUS4KIDS Instructors that have completed the RESUS4KIDS – Paediatric Life Support for Healthcare Rescuers Train the Trainer who wish to teach the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers program must all complete the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers e-learning and then choose one of the three options:

- Complete the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers Train the Trainer refresher e-Learning and email a copy of their completed certificate along with a signed 'Recommendation Form' by their manager to RESUS4KIDS at [resus4kids@chw.edu.au](mailto:resus4kids@chw.edu.au). Once this has been received by RESUS4KIDS the instructor will be emailed the access code to the allied health instructors section on the RESUS4KIDS website [www.resus4kids.com.au](http://www.resus4kids.com.au).
- Complete the RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers practical course with a RESUS4KIDS Chief trainer or RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers Super Trainer.
- Existing trainers may attend a full RESUS4KIDS - Basic Life Support for Allied and Community Healthcare Rescuers train the trainer program.

On completion of the train the trainer the learner will be able to:

- Understand the different specific learning objectives within the R4K short practical course.
- Develop a basic understanding of Crisis Resource Management and how to incorporate this knowledge into the teamwork and communication discussion.

- Understand the requirements to be a R4K instructor and where to locate the resources required to run the short practical course.
- Develop a basic understanding of adult education theory and how to use this knowledge to improve small group teaching.
- Identify different types of challenging participants within small group teaching and how to approach each of these challenging learners in order to engage all participants attending the R4K practical course.

## **Super Trainer**

Selected trainers who have taught a minimum of five RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers will receive further training in how to run train the trainer courses, enabling local areas to be more self-sufficient in delivering RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers courses.

Potential Super Trainers must have a signed instructor recommendation form at the time of training. Super trainers must be recommended by a member of the RESUS4KIDS executive.

Super Trainer courses are available via the Program Manager and RESUS4KID Educator.

## **GOVERNANCE**

Any questions on governance should be directed to the program manager or educator – details available on the website.

### **Local Governance**

RESUS4KIDS suggests that each partner LHD or individual units develop their own local policy document to cover the following issues at local level:

- Local governance structure.
- Local implementation plan.
- Local Allied Health Resuscitation Policy.
- Local policy for poorly performing candidates.
- Local recording of completion – eg lessons in learning management systems.

## **COURSE PARTICIPANT PREREQUISITES**

### **E-Learning**

- Access to an internet enabled computer.
- Ability to access HETI Online for NSW Health Staff or local Learning Management System for Non NSW Sites.

### **RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers Practical Course**

To attend the course the candidate must have the following:

- Successful completion of the e-learning module.
- To be able to attend the full 90 minute session.

### **Train the Trainer Course**

To become a RESUS4KIDS instructor the candidate must have the following:

- Successful completion of the e-learning module.
- Successful completion of the short practical course.
- Able to attend the full 2 hour train the trainer course.
- Be recommended as a suitable trainer by their line manager.
- Be able to undertake teaching the RESUS4KIDS course at least 2 times per calendar year.
- Be committed to staying up to date with any course changes.
- Undertake to teach the course as described by RESUS4KIDS.
- Undertake to provide RESUS4KIDS with course information as described in this document or the course outline and to facilitate course evaluation.
- Complete the RESUS4KIDS Train the Trainer refresher e-Learning annually.

## Super Trainer

To become a super trainer the candidate must have the following:

- Successful completion of the train the trainer course.
- Must teach at least 5 RESUS4KIDS - Basic Life Support for Allied and Community Healthcare Rescuers Practical Courses before they can attend a Super Trainer course to teach the train the trainer.
- Able to attend the Super Trainer workshop.
- Take on a senior role advocating for, implementing and evaluating the RESUS4KIDS program.
- Be recommended as a suitable trainer by their line manager.
- Be recommended as a Super Trainer by one of the RESUS4KIDS executive.

## REQUIREMENTS FOR CONDUCTING RESUS4KIDS COURSES

- Instructors are responsible for ensuring that all participants meet the course participant prerequisites outlined above, including recommendation by their line manager for new instructors if required.
- Instructors must follow the course format, unless prior approval has been obtained from the RESUS4KIDS executive.
- The instructor to student ratio must not exceed 1:6, unless prior approval has been obtained from the RESUS4KIDS executive.
- Instructors may use a training AED in place of the laminated cards or i-simulate. Instructors should be familiar with the safe use of a training AED in a simulation environment and have a suitable rhythm generator and charge dump device.
- Resources for setting up and running the course is available at [www.resus4kids.com.au](http://www.resus4kids.com.au) under 'instructor resources – Allied Health'.
  - Instructors manual.
  - Algorithm – Basic Life Support/ Choking Child.
  - Training video –Met Call in Focus Parts 1 and 2 or Sea Patrol 1,2 and 3.
  - List of equipment required for the practical course.
  - Sound effects including chocking child.
  - Recommendation as instructor or Super trainer form.



- Registered instructors will be emailed the password to access the secure page when they complete the train the trainer course.
- On completion of instructing a practical course instructors must enter participants into the facilities local Learning Management System. For NSW Health this is HETI Online.

## LEARNING MANAGEMENT SYSTEMS

RESUS4KIDS has State wide HETI Online Codes for each component:

RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers e-Learning.	81554191
RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers Practical Course.	81834228
RESUS4KIDS – Basic Life Support for Allied and Community Healthcare Rescuers Train the Trainer.	81835272

## INTELLECTUAL PROPERTY

All parts of the RESUS4KIDS course, including the e-learning, short practical course and course resources remain the property of RESUS4KIDS and must not be used in any other way without express permission.

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